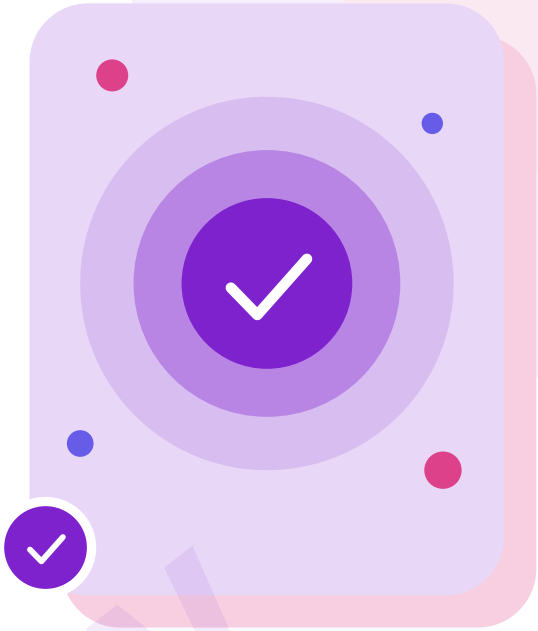
CHECKLIST · RELATIONSHIP

FREE PREVIEW

Handling Stress Together

Managing stress as a team strengthens your relationship and builds resilience. Use this checklist to navigate stressful situations effectively.



10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Acknowledge Stress as a Team

Discuss what's causing stress for each of you.

EXAMPLE *"I've been feeling overwhelmed by work deadlines—how about you?"*

2 Practice Empathy

Validate each other's feelings and experiences without judgment.

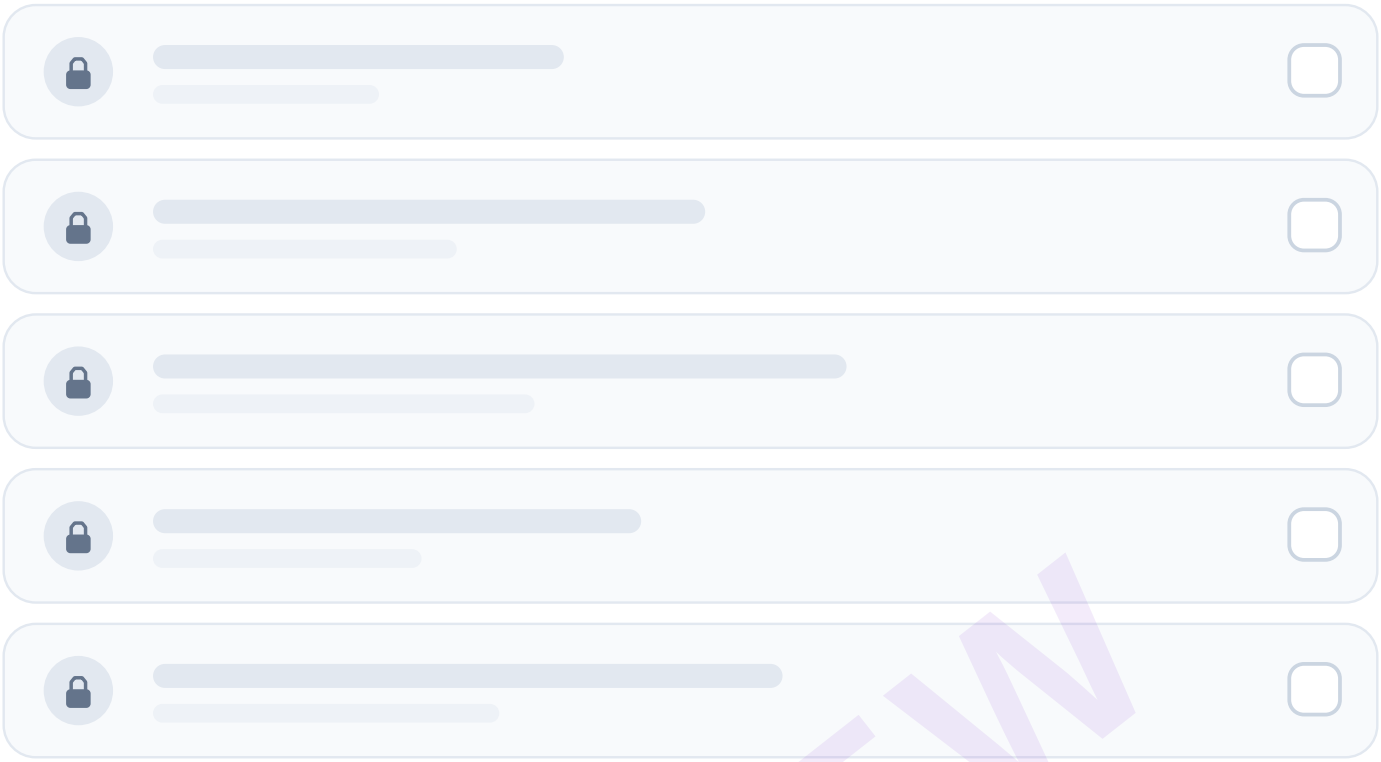
TIP *Say, "I understand why this is stressful for you, and I'm here to help."*

3 Identify Shared Stressors

Discuss common challenges that affect both of you.

EXAMPLE *Managing finances or juggling busy schedules.*

PREVIEW



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